

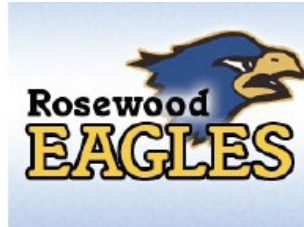


**COLUMBIA  
RUNNING  
CLUB**

# Upcoming Races



**4<sup>TH</sup> ANNUAL HEALTHY CAPITAL 5K**  
Columbia High School



**The  
Ultimate  
Feat**  
1600m, 400m, 800m,  
100m, 3200m



**Grits n Splits**



## Race and Event Calendar



Saturday, March 5	<b>Meals for Wheels 5K, 7:30AM</b> Riverbanks Zoo
Saturday, March 12	<b>Rosewood Run 5K, 8:30AM</b> Memorial Stadium (1000 S. Holly St)
Saturday, March 19	<b>Get to the Green 5k, 8:30AM</b> 5 Points (Columbia)
Saturday, March 26	<b>Healthy Capital 5K, 8:30AM</b> Columbia High School
Saturday, April 2	<b>Ultimate Feat Track Meet, 2:00pm</b> Richland Northeast High School
Sunday, April 10	<b>Fidler 5K</b> USC Blatt Center

Tour Races are marked in **BOLD**

### Inside this issue:

Presidents Point	2
In the News	3
From the Road	4
Steve's Story	6
Community Clips	8

*Do you have an interesting running story? Do you have a race experience you would like to share? Let us know!*

## Presidents Point: A Look Back (and Ahead)

On Thursday, February 3, approximately 80 people gathered for our annual awards dinner. It was a great evening and everyone enjoyed the food and getting to spend a few hours with fellow runners and their families. I was looking through the history of the last few award dinners and was amazed to realize that this was the 5<sup>th</sup> awards dinner that I had hosted. Time flies when you're having fun, so I thought it would be interesting to see how things have changed in the past 5 years.

For the 2006 Tour de Columbia there were 34 award winners compared to 60 in 2010. The biggest growth has come in the last year as we had 42 award winners in 2009. One of the bigger differences has been the gender shift over that time. Only 11 women received awards in 2006 compared to 30 in 2010 which was 50% of the total.

Another interesting fact is that of the 34 2006 winners, 11 were on the podium again in 2010. Of that 11, seven runners (Sarah Blackwell, Albert Anderson, Steven Johnson, Rick Gibbons, Pete Poore, Alex Ponomarev, and Wendel Cribb) have received a Tour de Columbia award for each of those 5 years. I don't have the records for the previous years, but I suspect that Albert, Pete, Alex & Wendel have been receiving awards for the last 10 years.

Families are becoming a large part of our award winners. In 2006 there were 2 couples among the winners and in 2010 that grew to 8. In 2006, there were no parent / child winners but that increased to 5 combinations this year. Hopefully, this trend will continue and we will eventually have our first 3 generation combination.

One of our challenges is to hold onto as many of the 60 award winners in 2010 and make sure they are still around (and running) in 2014. People move and things change, but my hope is that we can continue to grow and attract more people to the Running Club. Looking at the people who

were assembled at that dinner we had many of the leaders in the Columbia running community including 5 race directors. We have a good thing going, but you can't rest on your laurels, we need to look ahead and see where we want to be in another five years.

The only way that we are going to be able to keep growing is to try new and different things to add to the options available for runners. We'll continue to grow the Trail Championship series and have already added at least one race in 2011. Our trip to the Flying Pig will be one of the first excursions to races outside our normal geographic area. It would be great to see this expanded to include closer daytrip races in North Carolina and Georgia. There appears to be enough interest in a summer 5K series, so we will start working on logistics for that and will have more details in the coming months.

The current officers of the Running Club will not be able to do all of this on their own. We are going to need help so if you see an area that you are interesting in helping with, just drop me or one of the other officers an email and we will be glad to help you find a way to chip in.

(I want to thank the following people for making the awards dinner a huge success: Sarah Blackwell for coordinating all of the food, John Gasque for handling the trophies and Jim Selbee for his help arranging them the night of the dinner, Ginger Belka for creating some awesome awards for the Trail Championship Series and Robin Snaden at Fleet Feet for donating the trail shoes to the overall winners, Sue Porter for handling the finances at the dinner)

**Rick Gibbons**



**You Gotta be in it to Win it!**

**Don't forget to renew your membership!**

## In the News: Silent Lessons - When not Running

Most of you may know I am taking a mini-break from running while healing from [Plantar Fasciitis](#) in my right foot. I'm almost there, kids . I have been running a little here and there, but I've consistently been listening to my foot while running these past few months. I also listen to my foot the days following a run, because it speaks to me and tells me how it's feeling.

Taking a break from running has helped me look inward with regard to my running. Looking back at 2010, running seemed like such an outward event. I am still every bit the runner I was last year, but probably haven't even run 20 miles this year. Funny, I'm not too bothered by that.

I firmly believe that listening to your body is the key that will determine the life of your running career (or hobby, or whatever it is). If you don't take heed and really listen, you may be forced to take a short, or long, or indefinite, break from the sport, hobby and passion that you love. I can't say there was anything in particular that could have led me to believe I would develop Plantar, but I also can't say I was listening very closely to any issues that may have been developing as they happened.

The injury itself is really not too big of a deal, and as long as I keep up my [massages](#), stretches and icing, I should be back on track to run the [Palmetto Half Marathon](#) on April 16<sup>th</sup> (one of the best half

marathons I've ever run ... hummm, I think I say that about almost every half marathon I've ran, ha, ha, ha)! Seriously, the Palmetto Half is an amazing event.

I truly believe this break from running will make me an even stronger runner when I get back to it. I already know it has made me a smarter runner because now I know how to listen better and what to listen for, and I won't think twice about taking a week of if I feel I need to. If my body tells me that is what it needs.

It's not about "racking up the mileage" for me anymore, or seeing how many races I can squeeze into one month, or how many half marathons I can run in a single year. It's about being a smart runner, a runner who listens, so that I can be a runner for as long as there is breath within me. Or until my legs just give out at 90-something years old 😊 .

In the mean time, I have been spending hours at the gym focusing on building muscle and gaining strength. Fitness is a huge part of my life, so if I can't run I will find something else fitness-related to keep me healthy and active until I return to the pavement. And even then, I think strength-training will be much more a part of my fitness regime than just running alone.

Naomi Chiorazzi

### Say What?

*Plantar Fasciitis:* is irritation and swelling of the thick tissue on the bottom of the foot.

*Symptoms:* The most common complaint is pain in the bottom of the heel. It is usually worst in the morning and may improve throughout the day. By the end of the day the pain may be replaced by a dull aching that improves with rest.

Most people complain of increased heel pain after walking for a long period of time.

# From the Road: Highlights from the Tour de Columbia

**by John Gasque**

Snowman 8k reported by the event's race director Lisa Smarr, Red Nose Run 10k and 5k reported by Pete Poore with all summaries by John Gasque

## Resolution Run 10k - Sesquicentennial State Park - Saturday January 8, 2011

The second annual Resolution Run 10k kicked off the 2011 Tour de Columbia. This was a fund-raising event planned by the Richland Northeast Cross Country and Track Teams and chosen as the Road Runners Club of America SC Cross Country Championship race for 2011. The race took place on the 10k off-road bike trail at Sesquicentennial State Park in Columbia. The Resolution Run is also part of the Carolina Trail Championship Series.

Orinthal Striggles 35 won with a 37:09, two minutes ahead of Jason Dimery 28 who had a 39:09. Sara Powell 28 was the first female and fifth overall with a 41:55. There were 68 runners this year with 109 last year.

## Snowman 8k and Youth Fun Run - Caughman Road Park - Saturday January 15, 2011

We had a beautiful day and a great turnout. Over 250 children ran in the Youth Fun Run (from HB Rhame, Meadowfield and Brockman Elementary) and 152 finishers in the 8k. \$1100 in prize money went to the overalls and 128 Ernest Lee Originals for overall winners and age-group prizes. Mr. Ernest Lee, "The Chicken Man" signed autographs (he was this year's tee shirt artist) and was on site with his mobile art gallery.

Over 100 volunteers lined the 8K course from AC Flora High School and Lower Richland High School ROTC cadet units. All runners and race

day volunteers were treated to a Big T Bar B Que lunch during the awards ceremony! WXYR provided a live remote and added to the festivities. The Richland County Sheriff's Department's "9 Foot Deputy" made an appearance at the Youth Run and offered "Kid Print" to children and their families. The Capitol View Volunteer Fire Department offered children the opportunity to see a fire truck up close and Officer Flannery with Richland County EMS showed off his special motorcycle equipped with first aid supplies.

David Spencer of Cayce finished in 1:12:46, running with his two dogs. Mr. Spencer has run Snowman every year since 1982...he has not missed the race in its 30 year history. Jesse Smarr completed his 22nd consecutive Snowman Run and Billy Tisdale raced for the 19th straight year! Over 50 runners from the Blue Cross Blue Shield Running Club participated as well, with Jason Dimery (of BCBS) taking 3rd overall in 28:51.

There were 152 8k runners this year compared to 172 this year. Ryan Woods 31 won with a 26:09 with Emily Chaney 29 the first female and third overall finishing with a 28:39.

## Red Nose Run 10k and 5k - Colonial Life Arena - Saturday January 29, 2011

If ever a race deserved to have good weather, I would say the 2011 Red Nose Run was first in line. Saturday January 29 turned out to be a beautiful day. It was a bit chilly, but what do you expect for a morning in January? The day was a far cry from last year's event when for the first time in 14 years of running races I wore a rain jacket and put the hood up to ward off the cold, cold rain and wind.

A beautiful day and a good cause (proceeds benefited the Ronald McDonald House) created a great turnout for both the 10k and the 5k. Despite the good weather, it was nice to be able to hang out in

# From the Road: Highlights from the Tour de Columbia

the lobby of the Colonial Life Arena after warming up and waiting for the start.

The 10k was started first. The course had been changed this year to run the 5k course twice. I suppose this cut down on the expense of traffic control by eliminating the leg in Cayce.

Once the 10k runners were on their way, those of us running the 5k were “treated” to the endless banter of WIS-TV’s Joe Pinner who was the starter for both races. (Advice to race organizers: never give Joe a bullhorn, it only encourages him and he doesn’t need it to be heard anyway. In all seriousness, Joe and his pal Mr. Knowzit have contributed thousands of hours over the years making public appearances for good causes and it was good to see him out for this event).

The 5k got started and we made our way around the Arena and Coliseum area, finally starting up College Street toward the USC Horseshoe. Just as I got close to making the left turn onto Sumter Street at the Horseshoe, the lead 10k runners were zipping by, so it didn’t take long to get lapped by O.J. Striggles, Jason Dimery and probably others.

I started the fairly easy incline up Senate Street and came upon a young man with an unusual stride. He ran as if he was high-stepping his way through deep puddles. I looked down at his feet, and that’s exactly what I saw...his feet. I’ve read about running barefooted, but I had never seen anyone do it in any of the races here in the Midlands. I guess when running barefooted, the idea is to raise your foot higher to avoid pushing off and reducing the friction between flesh and asphalt. I step lightly walking barefoot across my kitchen floor so I don’t think that style of running is for me.

Heading up Green Street toward the finish, I was lapped again by very fast 10k runners. I called out an encouraging word to Amy McDonough, amazed that I had breath to do that going uphill.

When I crossed Assembly Street, I remembered

that this course had no more turns left in it. The remainder was straight and downhill to the finish line on Green Street next to the Arena. I started kicking (and probably rolling) down to the finish line. I guess it paid off since I managed to pick up a second place medal for my age group. The Red Nose Run was my first race for 2011, so it was a decent start to the New Year.

The two runners Pete mentioned, Orinthal Striggles 35 and Jason Dimery 29 finished first and second in the 10k with times of 35:41 and 36:36. Sara Powell 31 was fifth overall and the first female with a 39:31. The 10k had 216 runners with 158 last year.

Tom Ford 19 won the 5k with a 16:45 with the first female and fourth overall Sunday Davis 23 finishing with a 19:55. There were 289 runners this year and 138 last year. That is a big increase for both the 10k and 5k.

## *Super Bowl Saturday 10 miler and 5k – Spring Valley High School – Saturday February 5, 2011*

Matt Komatsu 33 won the 5k with a 17:33 with the first female and 17<sup>th</sup> overall finishing with a time of 24:45. There were 60 runners for the 5k and **86** runners for the 10 miler with Ryan Plexico 27 winning with a 1:00:35. Sara Powell 31 was the first female and 4<sup>th</sup> overall with a 1:03:51. This inaugural event was a fund-raiser for Spring Valley High School Athletic Programs.

## *Coming Up*

Tour de Columbia events;

- Saturday Feb. 19 – Race Judicata 5k – Hand Middle School
- Saturday Feb. 26 – Lexington’s Race Against Hunger 10k – Saxe Gotha Presbyterian Church

(Continued at the bottom of page 6)

# Steve's Story: Some Things Never Change

**"The only things certain in life are death and taxes."** Benjamin Franklin

The nice thing about the Snowman 8K Run is the display of the results from all of the previous races in its long history. Ah, but I am getting ahead of myself...

It had been a long time since I had raced the Snowman and I was looking forward to the atmosphere of the event. I remembered sections of the course and ran into quite a few fellow runners whom I had not seen in a while. It was a nice reunion. And the race director, Lisa Smaar, always puts on a wonderful race.

As I lined up I saw Billy Tisdale, a fellow age grouper, whom was always a better overall runner than I, but I whom I had managed to beat in a 5K once or twice. I was wondering how his 50+ years had treated him compared to me. I quickly found out it was much better!

I hung with Billy for about ½ mile before seeing the light that this was a disaster waiting to happen if I

didn't throttle out for the remaining 4-1/2 miles. Billy drifted into the distance and Teo Gamishev, another fellow age group, came cruising by around mile 1. For the remainder of the race the pack around me remained stable with Billy long gone and Teo a safe and "non-closable" distance ahead. I chased Teo for 4 miles to no avail.

Upon conclusion of the race, Billy, who had soundly thumped me by about a minute per mile (yep, 5 minutes ahead on a five miler...) and I toured the history of results and pictures on display. Looking back in the 2000-2004 time frames my finishing times were significantly faster, and surprisingly consistent. Billy's, while faster back then to his current finishing time, reinforced the fact that his abilities had not diminished as much as mine had.

But one thing year after year was consistent; I was always finishing behind him. Oh sure, the gap was only 2 minutes back then, compared to the 5 minutes this day, but at least I could feel secure in the fact that some things never change....

**Steve**

- Saturday March 5 – March for Meals 5k – Riverbanks Zoo
- Saturday March 12 – The Rosewood Run 5k – Memorial Stadium, 1000 S. Holly
- Saturday March 19 – Get to the Green 5k – 5 Points
- Saturday March 26 – Healthy Capital 5k – Columbia High School

You can download and print out flyers and visit the event's website for most of these races at [www.colarunclub.com](http://www.colarunclub.com) and register on-line for most of these races at [www.strictlyrunning.com](http://www.strictlyrunning.com)

## Continuation

Finishing up my Cold Winter's Day 5k story from last month's column; I crossed the finish line looked around and saw the runner I was running against drinking a bottle of water. He even beat me driving over to Rockaway's.

So until the next time I will see you From the Road.

## 2010 Awards

# Tour de Columbia

### Overall Awards

Open: Amy McDonough	Jeff Brandenburg
Masters: Barbara Brandenburg	Greg Howell
Grand Masters: Sarah McLean	Teo Gamishev

### Age Group Awards

Under 14:	Women: Olivia Conti	Sarah Hudgins	Logan Taylor
	Men: Hayes Selbee		
15-19	Women: Jordan Taylor		
20-24	Women: Elizabeth Bischofberger		
25-29	Women: Katie Hines		
30-34	Women: Kristin Schmitz	Megan Weis	Naomi Chiorazzi
	Men: Drew Williams	Heath Ward	Rob Yerger
35-39	Women: Laura Howell	Laura Robinson	Dina Mauldin
	Men: Alex McDonald	Steven Johnson	William Schmitz
40-44	Men: Ted Hewitt		
45-49	Women: Pamela Griffin	Nina Brook	Coleen Strasburger
	Men: Jim Selbee	Hal Ray	Mike Hudgins
50-54	Women: Jeanna Moffett	Lois Leaburn	Teresa Harrington
	Men: Rick Gibbons	Mike Griffin	Wesley Spratt
55-59	Women: Valerie Selby	Sharon Sherbourne	Sue Porter
	Men: Robbie McClendon	Pete Poore	Paul Bates
60-64	Women: Patti Lowden		
	Men: Alex Ponomarev	Albert Anderson	Ken Lowden
65-69	Men: Rodney (Rocky) Soderberg	Wendel Cribb	
70-Over	Men: Henry Holt		

# Carolina Trail Championship

## Overall Awards

Open: Megan Weis                      Drew Williams  
Masters: Nina Brook                      Jeff Brandenburg

## Age Groups Awards

Under 14      Women: Olivia Conti  
                    Men: Hayes Selbee

30-34              Women: Kristin Schmitz

35-39              Women: Dina Mauldin  
                    Men: Alex McDonald              Jonathan Hopkins              William Schmitz

40-44              Men: John Richards

45-49              Men: Jim Selbee

50-54              Men: Teo Gamishev              Rick Gibbons              Mike Griffin

60-64              Men: Alex Ponomarev

70-Over              Men: Henry Holt

## Community Clips: Red Nose Run

